



INFANT CONSTIPATION

A guide for parents...

Constipation refers to hard, dry stools that are painful or difficult to pass.

Causes

- Drinking cow's milk
- Not enough fluid
- Metabolic disorders
- Formula not mixed correctly
- Switching from breast milk to formula

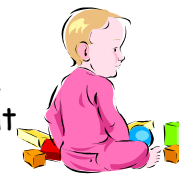
Signs of Constipation

- 4-5 days between bowel movements.
- Signs of pain and discomfort with bowel movements.
- Stool may be formed and hard like small pebbles.
- Your infant's belly can become swollen with gas.

Remember it is normal for a baby to grunt or get red in the face when having a bowel movement.

What parents can do

- If your infant is at least 6 months of age and already on solids, increase the amount of high-fiber cereals (oatmeal, barley), vegetables (peas), and fruit (plums, prunes).
- If your infant is at least 4-6 months old, you can give 2 to 4 ounces of water or diluted 100% fruit juices a day.
- If your infant is at least 6 months of age and won't drink extra liquids, offer foods like fruit juice flavored gelatin or fruit juice popsicles by spoon. If your infant is at least 8 months of age, you could offer yogurt.
- Do bicycling with infant's legs or give infant a gentle tummy massage.



DO NOT give your infant mineral oil, honey, or syrup. Only give laxatives or suppositories if ordered by your doctor.

REMEMBER!!! Iron is NOT the cause of constipation in infants so DO NOT replace their regular formula with low iron formulas to treat constipation.

When to call the doctor

- If your baby is fussy and seems to be having a tummy ache.
- If you see blood in your baby's stool.
- If your baby's constipation does not improve within 2-3 days of home care.
- If your baby has a fever or is vomiting.

